



NALA Student Day in the Galmont Hotel, Galway city - Saturday 22 April 2023

Theme: “Building confidence together”

The National Adult Literacy Agency (NALA)¹ Student Day is for you, if you are an adult who is:

1. Improving your reading, writing, maths or digital skills in an adult literacy centre, or as part of another programme (for example a National Learning Network, Community Training Centre or Youthreach - where you are over 18 years old);
2. Learning over the phone with a NALA tutor or using the [Learn with NALA](#) website; or
3. Improving your English in an adult education centre, where English is not your first language (an ESOL student).

What will happen at the NALA Student Day?

You will meet other students, hear student speakers and go to two workshops – one in the morning and one in the afternoon. Hopefully you will learn something new.

Is there a cost to attend?

No, there is no cost to attend. NALA covers the cost for tea, coffee on arrival and a main course and tea and coffee at lunchtime.

Where is the Galmont Hotel?

The Galmont Hotel is in Galway city centre, near Eyre Square, a three minute walk from the train and bus stations in Galway. Unfortunately NALA cannot cover transport costs for students.

You need to book your place – so NALA can plan the day

- Please book online, phone NALA to book or fill in the booking form below. Do this as soon as you can, and no later than 12 pm on 19 April. NALA will then

¹ The National Adult Literacy Agency (NALA) is a membership organisation that supports:

- Adults to improve their literacy, numeracy and digital skills; and
- Organisations to use a literacy friendly approach.

sort the workshops and give numbers to the hotel. Workshops will be filled on a first come first served basis.

- If you are booking a place for someone else and you don't know which workshop to choose, leave that part of the form blank.
- Once you have booked, you just come along on the day.

Agenda:

10.00 - 10.30	Registration and tea and coffee
10.30 – 10.45	Welcome and introduction
10.45 – 11.15	Short talks from students
11.30 – 1 pm	Morning workshop
1 – 2 pm	Lunch
2.00 – 3.30	Afternoon workshop
3.30 – 4 pm	Questions and answers with NALA

A student only space

NALA student days are for students only. The only exception to this tutors facilitating a workshop or when NALA invites non-student speakers to the day.

How NALA helps students to feel comfortable

- When students arrive on the day we will have a member of NALA's Student Subcommittee (of our Board) at the door to welcome people.
- At the start of the day, we go through ground rules – how we'll work together, where the workshops are on, where lunch is. No one is put under pressure. Students can get up and walk around, and take a break if you need to.
- If you are a tutor encouraging a student to attend, but you think they need extra support, please let Margaret Murray² know. You can email Margaret at mmurray@nala.ie or text to 087 969 3696. A Student Subcommittee member in NALA will look out for that person and get them settled.
- Facilitators and Student Subcommittee members help students attending to fill out an optional evaluation form (that is mostly tick boxes).

² Margaret is NALA's Literacy Student and Development Officer.

Booking form for the NALA Student Day

Saturday 22 April 2023 – The Galmont Hotel, Galway

Three ways to book:

- Fill in this offline booking form and email it to mmurray@nala.ie
- Book on nala.ie/support-us/student-day-galway-22-april-2023/
- Phone Margaret in NALA to book: **087 969 3696**

Please use BLOCK CAPITALS.

Your name: _____

Phone number: _____ **Email:** _____

If you go to a centre to improve your reading, writing, numbers or computer skills please tell us **which centre** you go to? _____

What course are you doing there? _____

Are you using **any NALA services**?

Yes, I work with a NALA tutor over the phone

Yes, I use the Learn with NALA website

No, I am not using any of the above services.

Are you an **ESOL student** (improving your English, where English is not your first language)? Yes No

If yes, are you? A beginner student An advanced student

What is your **nationality**? _____

Do you have any **special requirements** (diet or you are a wheelchair user)?

Workshops

You will go to **one workshop in the morning** and a **different one in the afternoon**. Workshops last one hour and a half. Please tell us which workshops you would like to attend on the day.

Below put number 1 on the left hand side **beside the workshop you most want to go to** and 2 beside your second choice and so on up to number 5 if you wish.

	<p>Creative writing – Bern Butler, creative writing facilitator</p> <p>Bernadette will share with you how to get started, keep going, develop a practice of writing and begin to send out pieces of work for publication.</p>
	<p>Tips for living well - Maggie O’Sullivan Graham, life coach</p> <p>Explore how to look after your mind and become more aware of your inner critic. Look after your body – sleep, food and comfort. Know habits that help and habits that don’t!</p>
	<p>Being wise online – Sadie Hynes, digital literacy tutor</p> <p>Get tips to help you think wisely when you are online or on your phone. Check if information you see online is true. Think is it the kind of information you want to share?</p>
	<p>Energy in your home – Emer Cosgrove, environment and literacy tutor. Find out about energy and ways you can make changes at home that are good for the climate and help you save money.</p>
	<p>Meeting for ESOL students – Mary McDermot, ESOL tutor</p> <p>Are there common Irish phrases that are confusing for you? Hear interesting facts about Ireland and meet students from different countries.</p>

Once you have booked, just come along at 10 am on Saturday 22 April 2023.

We look forward to seeing you then.